



RECOVERY MONTH 2022



Join the Voices for Recovery:
Celebrating Connections

National Recovery Month is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with mental and substance use disorders to live healthy and rewarding lives. Recovery Month celebrates the gains made by those living in recovery.

Faces and Voices of Recovery:

<https://facesandvoicesofrecovery.org/>

<https://rm.facesandvoicesofrecovery.org/>

SAMHSA's 2020 National Recovery Month Webinar Series:

<https://www.recoverymonth.gov/>

NAADAC, Association for Addiction Professionals:

<https://www.naadac.org/national-recovery-month>

SMART Recovery:

<https://www.smartrecovery.org/september-is-national-recovery-month/>

Recovery Ohio:

<https://recoveryohio.gov/wps/portal/gov/recovery/home>

Guiding Principles of Recovery

Principles of Recovery is a process of change through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential. There are four major dimensions that support recovery:

<https://mha.ohio.gov/Researchers-and-Media/Principles-of-Recovery>

- Health—overcoming or managing one's disease(s) or symptoms and making informed, healthy choices that support physical and emotional well-being.
- Home—having a stable and safe place to live.
- Purpose—conducting meaningful daily activities and having the independence, income, and resources to participate in society.
- Community—having relationships and social networks that provide support, friendship, love, and hope.

nationalrecoverymonth.org



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Be Involved locally:

Belmont County Substance Abuse Coalition

Coalition meets 2nd Wednesday of every month. For more information please visit

<https://www.facebook.com/pages/category/Community-Organization/Belmont-County-Substance-Abuse-Prevention-Coalition-2474834632532065/>

Harrison County Substance Abuse Coalition

Coalition meets 3rd Wednesday of every month. For more information please visit

https://www.facebook.com/pg/HCSAPC/about/?ref=page_internal

Monroe County Hope Alliance/ A Drug Abuse Prevention Coalition

Coalition meets 1st Thursday of each month. For more information please visit

https://www.monroecountyohio.com/departments/health_department/hope_alliance.php

Ways to get help:

Local System of Care and Substance Abuse Information

<http://bhmboard.org/system-of-care/>

<http://bhmboard.org/substance-use/>

Ohio Al-Anon / Al-Teen Family Groups

<https://www.ohioal-anon.org/>

Alcoholics Anonymous

<https://www.aa.org/>

Narcotics Anonymous

<https://www.na.org/>

AL-ANON

<https://al-anon.org/>

